

# Orangutan Salad

**Makes:** 48 Servings

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Ingredients	Weight	Measure
Spinach, fresh		18 cups
Mandarin oranges, canned, drained		6- 15 oz cans
Almonds, silvered (optional)		3/4 cup
Dried cranberries (optional)		1-1/2 cups
Feta cheese		3/4 cup
Salad dressing, sweet & sour		3/4 cup

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	42	
Total Fat	NA	
Protein	1 g	
Carbohydrates	10 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	29 mg	

## Directions

1. Wash spinach.
2. Drain juice from mandarin oranges.
3. Toss all ingredients in a large salad bowl and mix thoroughly.

## Notes

Serving Tips:

This salad combines fruit and vegetables. Try adding grapes or apples, chicken or beans for a different meal. You can also use blue cheese or cheddar cheese crumbles.